

POTOMAC

Air Monthly

Sept 2016

**HAPPY
69TH BIRTHDAY
AIR FORCE!**



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The Potomac Air Monthly

113th Wing Commander

Brig. Gen. Jeffrey C. Bozard

113th Wing Vice Commander

Col. Robert D. Bowie

113th Wing Command Chief

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Staff Sgt. Justin Hodge

Senior Airman Terrace Garnier

New Promotees

Technical Sergeant (E-6)

Gegziabher, Askanke - 113 LRS

Staff Sergeant (E-5)

Adams, Kyles C. - 113 AMXS

Hartley, Mark L. - 113 LRS

Millan, Alberto J. - 113 OSS

Spencer, Beau - 113 MXS

Airman First Class (E-3)

McNeill, Tiara - 113 LRS

Sep UTA training and events schedule

Saturday, Sep 17

Start	End	Event	Location	POC	Phone
06:00		Depart Command Run Shuttle Buses - 3 locations	LRS Parking Lot	LRS	857-7085
			11WG Base Supply (across from Ops)		
07:00	10:00	Command Run	DC Armory, 2001 E. Capitol SE	CSM Bowser	325-9801
09:00	10:00	Yellow Ribbon (DEPLOYERS ONLY)	Bldg 3119, JP Harris Classroom	MSgt Trombetta	857-4760
12:00	17:00	DCNG Family Picnic	JBAB- Pavilion 6	MSgt Henderson	325-9802

Normal Hours of Operation

08:30	15:00	CPTF Customer Service	Trailer R62	SMSgt Brown	857-0678
08:30	15:00	FSS Customer Service	Trailer R62	SMSgt A. Wilson	857-4012
09:00	15:00	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson	857-9316
08:00	15:00	CF Customer Service	Bldg. 3222	MSgt Noon	857-0714
10:00	12:00	Walk-in Legal Assistance	Bldg. 3213	MSgt Blaser	857-5511

Sunday, Sep 18

Start	End	Event	Location	POC	Phone
07:00	12:00	Fitness Testing	East Fitness Center	SMSgt Brown/MSgt Marx	857-3997
07:30	08:30	Contemporary Service	CE Bldg 3236 Classroom Rm	Ch Lt Col Bowen	857-1032
07:30	08:30	Catholic Mass	LRS Conference Rm	Ch Lt Col Bowen	857-1032
08:00	11:30	Expeditionary Skills Rodeo	CE Bldg 3236, Room 113 EM	MSgt Trombetta	857-4760
09:30	14:00	Medical Appointments ONLY	Bldg 3282, Room A14	SMSgt Lott	857-6659
09:30	1400	Immunizations for MXG/Ops	Bldg 3109	SMSgt Lott	857-6659
09:00	11:00	WIT Basic Inspector Course	CF Computer Classroom	CMSgt Coombs	857-7284
09:00	11:00	POSH/ HRE Training	LRS Conference Rm	TSgt Green	857-3238
09:00	12:00	End of Course Testing (EOC) - PME/CDCs	CE Bldg 3236 Room 121	SMSgt Zayas	857-3084
10:00	10:30	Medical Walk-ins	Bldg 3282, Room A14	CMSgt Katt	857-6615
11:30	12:30	SMSgt Jessica Dearie Promotion	Bldg 3236 CE Classroom	SMSgt Dearie	571-295-5104
14:30	15:30	Maj Christopher Deyo Promotion	Bldg 3236 CE Classroom	Ms. Farmer	857-2391
14:30	16:00	Green Dot Training- sign up on ARCNET	Bldg 3213, WCR	TSgt Walker	857-6900
15:30	16:30	TSgt Brandon Smith Promotion	Community Commons	SrA Wander	857-0714

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Farewell to an Outstanding Commander...

...And welcome to the new Commander!



(Above) Brig. Gen. George Degnon poses with his family after his "fini-flight" celebration in which Degnon flew his last flight as an F-16 pilot, 16 Aug, Joint Base Andrews, Md. (Below) Degnon poses with fellow past and present 113th Wing pilots after relinquishing command of the 113th Wing to Brig. Gen. Jeffrey Bozard on Aug. 26. (Photos by Senior Airman Erica Rodriguez)



(Left) Brig. Gen. Jeffrey C. Bozard is pinned to brigadier general by his family, including daughters...and his wife, ... (Above) Brig. Gen. Bozard speaks to the crowd in attendance after taking command of the 113th Wing during a ceremony, Aug 26. (Photos by Master Sgt. Craig Clapper)



(Above) Members of the 113th Wing stand in formation during the Wing Change of Command ceremony. (Right) D.C. National Guard Commanding General, Maj. Gen. Errol R. Schwartz, presents the 113WG guidon to Brig. Gen. Bozard as he becomes the new wing commander.

D.C. Air National Guard joins Jamaica Defence Force to enhance learning

By Master Sgt. Craig Clapper
113th Wing Public Affairs

Members of the 113th Civil Engineer Squadron, D.C. Air National Guard, experienced a very unique training environment far away from the D.C. Metro area, working with members of the First Engineer Regiment, Jamaica Defence Force, on a variety of civil engineer projects.

The two-week tour of duty includes projects such as heating, ventilation, air-conditioning, plumbing and structural work. Each project includes members of the DCANG and JDF working side-by-side to learn from each other and build rapport among the members of the two nations.

"I love partnerships, especially one such as this that is mutually beneficial between the two organizations," said Lt. Col. Martin E. Rickman, Commanding Officer, 1st Engineer Regiment, JDF. "We each have drawn experience and learning from each other."

Beginning more two years ago, Rickman was discussing the idea of a civil engineering trip with a representative from the D.C. National Guard. Through the Visiting Forces Act, the two created an itinerary that ensured the safety and jurisdiction of the American forces while working with the JDF in Jamaica.

Initially, a team of eight to ten people was discussed but once an exploratory team was sent to Jamaica to meet with the JDF on which projects were highest priority, it became apparent a team of 30 would be more appropriate. The team included numerous civil engineering career fields such as carpentry, plumbing, engineer assistant, power generation, electrical distribution, surveying and more.

"The advantage of bring a large contingent of engineers was two-fold; It allowed a broad spectrum of training to be accomplished across a variety of civil engineer specialties," said Chief Master Sgt. Sterlin Wilson, 113 CES Chief Enlisted Manager. "It also allowed for a great deal of work to be accomplished for our host nation facilities and infrastructure."

Upon arrival in Jamaica, the 113 CES contingent met with their respective career field counterparts and hit the ground running. Once the crews were in place, certain projects took center stage. One such project, the design of a Morale, Welfare, and Recreation center for the JDF

Cont...

junior ranking personnel, was designed completely from the ground up by the 113th engineering shop. 3D structural plans were created of the 20'x10' building that will include full functional computers and morale equipment to better enhance the lives of the JDF soldiers.

The "Dirt Boys", the nickname for the pavement and heavy equipment shop, were especially happy to find out what equipment the JDF personnel were using and how large in scale the equipment really was. Using equipment such as the Caterpillar 120H grader, not usually available to the DCANG personnel unless in a deployed environment, the Guardsmen gained quite a lot of experience while having a little fun.

"I was told the Guardsmen working the heavy equipment and pushing dirt around were enjoying themselves so much, they did not want to get up out of the seat," said Rickman.

The D.C. Guardsmen were also able to garner some downtime and explore the local area during the two-week stretch. The 1st Engineer Regiment staff provided guided tours of local beaches and provided briefings to the 113th members to ensure their safety was of highest concern during the visit.

The visit was deemed a success by both the DCANG and JDF personnel. The extensive amount of knowledge shared between the two countries and the camaraderie built really drove home how important experiences such as these can be.

"The ultimate outcome of this event was a resounding success," said Wilson. "We have gained valuable training across ten Air Force specialty codes and, most importantly, fostered a long lasting relationship with our State Partnership Program partners. This event was definitely the beginning of many great things to come."

Before the trip came to a close, planning already started on future events where JDF civil engineer personnel would come to the U.S. in a similar fashion and share experiences. The success of the two-week trip ensures a strong state partnership between the DCANG and JDF for years to come.

"Although there was a little bit of apprehension at first, once we were put together face to face, all the apprehension went away quickly and the feedback has been very positive and productive," said Rickman. "Going forward, I really feel this [state] partnership is going to become a model for future partnerships to emulate."

* For more photos of the JDF experience, please visit our official 113th Wing Facebook page.

It's time for the Command Run! Here's how to get there...



TRICARE Reserve Select and Dental information

By Airman First Class Diamond Beaner
113th Medical Group

Did you know as a member of the Air National Guard you and your family are eligible for low-cost health and dental insurance? **TRICARE Reserve Select** is a premium-based health plan available worldwide to Selected Reserve members of the Ready Reserve. This plan provides comprehensive health care coverage when not activated or covered by active duty benefits, for just \$47.90 per month for the sponsor only. Your entire family could be covered for just \$210.83 per month. And, because you can see any provider, you don't have to change providers if you already have one.

TRICARE Dental Insurance is the only dental plan sponsored by the Department of Defense for National Guard/Reserve members and their families. Some procedures the dental plan covers are, exams, fillings, oral surgery, orthodontics, etc. Prices for the plan are \$11.68 for the sponsor and \$99.27 for the entire family per month. For more information and to take advantage of these opportunity, visit www.tricare.mil.



Calling in Comm support!

113th Communication Flight members Master Sgt. Richard Noon and Tech. Sgt. Andre Robinson align a satellite receiver for communications with the Defense Informations Systems Agency. The 113 CF is participating in COMMEX 9-16 in preparation for the 58th presidential inauguration. (Photo by Senior Airman Erica Rodriguez)

Building

STRONG BONDS

The 113th Wing Chapel Office invited DCNG members to come together for their Strong Bonds Program event in Ocean City, Md., Sept 9-11. Strong Bonds aims at giving military families tools that will build resiliency and strengthen relationships all in a fun, safe and relaxed environment.



Lt. Col. Myrtle Bowen, 113th Wing Staff chaplain, leads the "Pick a Partner" course in Ocean City, Md. Sept. 10. Strong Bonds allows for the partner and singles groups to learn relationship resiliency tools in a relaxed environment. (Photo by Tech. Sgt. Eric Ritter)



Couples pose for a group photo after their "Fearless Marriage" course that aimed to strengthen the existing marriage with their partner, Sept. 11. (Photo by Tech. Sgt Eric Ritter)



(Above) Single airmen pose for a photo after their "Pick a Partner" course that aimed at giving attendees information on how to develop a good relationship and the tools needed to make them last Sept. 11. (Photo by Tech. Sgt Eric Ritter)

(Left) Couples have a group discussion on different ways to communicate with their partner that will foster a healthier relationship during the "Fearless Marriage" Course in Ocean City, Md Sept. 10. (Photo by Senior Airman Erica Rodriguez)

Back to School safety

By Senior Master Sgt. Glenn Thompson
113th Wing Safety

Slow Down: Back to School Means Sharing the Road
School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, and hurried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. More children are hit by cars near schools than at any other location, according to the National Safe Routes to School program. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic

- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are



flashing and the stop arm is extended, traffic must stop

- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

By exercising a little extra care and caution, drivers and pedestrians can co-exist safely in school zones.

Flu-Mist is now unauthorized

By Staff Sgt. Min Tun
113th Medical Group Public Health Technician

Capital Guardians should be aware that the Department of Defense does NOT approve the Flu-Mist nasal spray as a preventative treatment for the 2016-17 Influenza season. This decision was based on data from the Centers for Disease Control that revealed low effectiveness of Flu-Mist against influenza H1N1, (Swine Flu) in the U.S. during the 2013-14 and 2015-016 seasons. Please note this means members who receive the Flu-Mist MUST still receive an injection of an FDA-approved influenza vaccine for the 2016-2017 flu season. Any Flu Mist received on the civilian side will not count for your annual flu vaccination.

Important financial information

By Master Sgt. Somkiat Cholvanich
113th Comptroller Flight

September UTA Pay date – September 30, 2016
Customer Service Hours – Saturday 1100-1500
Sunday 0830 -1500

Reminders:

Military Pay Outstanding Order: Please check for outstanding Military Pay order by logging into AROWS- click on awaiting action or In Progress. If there is outstanding Military Pay Order you will see the link to click on to e-certify your AROWS order for pay.

Outstanding Travel Order in DTS: Please check for outstanding travel order by logging into DTS: Under Review/Sign Tab select Digital Signature, The routing status will be separated in two sections: Pending Actions-waiting for approval or review and Document History-completed routing.

SATO Declines: Members must ensure new chip + PIN is correct in DTS. When booking flights SATO will decline your GOVCC if your expiration month and year is incorrect.

SATO

SATO is open and available 24 hours a day. For SATO 24 hours a day call 1-800 705-7286. In addition, assistance is available at the 113th TMO office. Please call TSgt Luna or TSgt Edwards at 240-857-3211 during normal business hours.

Purchasing Airfare

DO NOT purchase your airline ticket at the TICKET COUNTER! Most tickets cost up to 3 times the government rate and the JTR prohibits the reimbursement over and beyond the cost of the government rate to fly you to your TDY location. If you get to the airport and find out you do not have a ticket, call the 24-hour SATO line at 1-800-705-7286

GTCC:

- Did you know that you can easily update the delivery method to your account statements to receive them online to switch to paperless Statements? Please be aware that government travel cardholders will receive a legitimate (not spam or phishing) email from Citi during the months of September and October encouraging cardholders to opt-in for paperless statements.
- Make sure your GTCC is turn on by your APC one week prior to any TDY/Deployment.
- Cardholders are responsible for payment in full of the undisputed amount stated on the monthly billing statement by the due date indicated on the statement. Accounts are considered past due at 31 days past billing and delinquent if unpaid 60 days after the billing date. Cardholders are responsible for payment regardless of the status of their travel reimbursements.

Comptroller Flight Offices and Points of Contact

- **113 CPFT Commander**
- **Budget Officer**
- **Superintendent**
- **Travel and Accounting Lead**
- **Military Pay**
- **Civilian Pay**
- **Customer Service**

- **Capt Siciliano – 857-0675**
- **Capt Taylor – 857-0693**
- **SMSgt Brown – 857-0678**
- **MSgt Dalton – 857-5899**
- **TSgt Meyer – 857-2421**
- **TSgt Patterson – 857-0658**
- **857-7456**



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ENRICHING AND
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2016
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DISTRICT OF COLUMBIA NATIONAL GUARD

PONY RIDES MOON BOUNCES CORN HOLE TOSS
HOSPITAL GUARDIANS
JOINT FORCE HEADQUARTERS

Joint

17 SEPTEMBER 2016

Cook Out

CHICKEN RIBS HOT DOGS HAMBURGERS ICE CREAM
DISTRICT OF COLUMBIA NATIONAL GUARD

WHO: DCNG MEMBERS & FAMILIES

LOCATION: JOINT BASE ANACOSTIA BOLLING, PAVILION 6

TIME: 1200-1700 HRS



www.facebook.com/dcguard